

YMCA DIABETES PREVENTION PROGRAM

The YMCA will offer a 16-week program focused on decreasing the risk for diabetes through the promotion of weight management, physical activity and healthy eating in a supportive group environment. The program will include one educational session and two activity sessions per week.

Program includes:

- •Access to YMCA facility for the length of the program
- •Group meetings and support from trained YMCA Wellness staff
- Educational materials and local resources
- Recipes and nutrition education

Cost:

The YMCA instituted a voluntary 3-tier fee program. Our goal is to serve all community income levels. You may choose the tier that is most suitable for you.

- Tier I is our subsidized rate and does not reflect the true cost of the program.
- Tier II is our partially subsidized fee for those who can pay a little more but still cannot afford the actual price of the program.
- Tier III more closely accounts for the true costs of the program.

YMCA Members:Tier I \$25/Tier II \$60/Tier III \$90 Community Participants:Tier I \$45/Tier II \$105/Tier III \$165



Could you have diabetes and not know it? Talk to your Doctor to determine if you are a candidate for this program.

Program begins September 2010

For more information or to determine eligibility contact the YMCA of Inland Northwest at 509-777-9622 or go to: www.ymcaspokane.org







FOR MORE INFORMATION CONTACT:

YMCA OF THE INLAND NORTHWEST

509-777-9622 www.ymcaspokane.org



YMCA of the Inland Northwest